

## **CHILDREN'S SWIMMING LESSONS**

How to register for swim lessons at Westover Pool:

- All students must be swim tested before registration to assure placement in appropriate level (Exception: students who participate in Jan-April 2015 swimming lessons.)
- Anybody interested in testing before the registration date is welcome to test at the pool office June 1- 7. No appointment is needed.
- Official registration and testing for swim classes will begin at the pool office starting June 8, 2015 8:00am for City Residents and June 9, 2015 8:00am for non residents.

**SWIM LESSON FEES:** Preschool: City Res \$20/ Non-Res \$24      Levels 1-5: City Res \$25/ Non-Res \$30

For questions feel free to call us at 540-434-0571.

### **TADPOLES – PRESCHOOL 1**

The goal of Tadpoles is to teach fun in the water. This class is geared for children with little to no “in water” experience. Tadpoles will learn to enter the water safely and become familiar with elementary aquatic skills. Ages 3-5

211100B1	Mon-Fri	Jun 29-Jul 10	9:15-9:40am
211100B2	Mon-Fri	Jun 29-Jul 10	9:45-10:10am
211100C1	Mon-Fri	Jul 13-Jul 24	10:15-10:40am
211100C2	Mon-Fri	Jul 13-Jul 24	10:45-11:10am
211100D1	Mon-Fri	Jul 27-Aug 7	10:15-10:40am
211100D2	Mon-Fri	Jul 27-Aug 7	10:45-11:10am

### **GUPPIES – PRESCHOOL 2**

The goal of Guppies is to build on skills learned in Tadpoles. Children take part in guided practice sessions to learn water skills including water entries, front kicking, back floating, underwater exploration and more. Ages 3-5

211100B3	Mon-Fri	Jun 29-Jul 10	10:15-10:40am
211100B4	Mon-Fri	Jun 29-Jul 10	10:45-11:10am
211100C3	Mon-Fri	Jul 13-Jul 24	9:15-9:40am
211100C4	Mon-Fri	Jul 13-Jul 24	9:45-10:10am
211100D3	Mon-Fri	Jul 27-Aug 7	9:15-9:45am
211100D4	Mon-Fri	Jul 27-Aug 7	9:45-10:10am

### **GOLDFISH – LEVEL 1**

The goals of Goldfish are to help students feel comfortable in the water, to enjoy the water safely, and to begin introducing basic aquatic skills. Goldfish will work to master the following skills; floating, walking in chest deep water, and swimming on front. Ages 6+

211101A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211101A2	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211101A3	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211101B1	Mon-Fri	Jun 29-Jul 10	9:15-10:10am
211101B2	Mon-Fri	Jun 29-Jul 10	10:15-11:10am
211101C1	Mon-Fri	Jul 13-Jul 24	9:15-10:10am
211101C2	Mon-Fri	Jul 13-Jul 24	10:15-11:10am

211101D1	Mon-Fri	Jul 27-Aug 7	9:15-10:10am
211101D2	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

## **TIGERFISH – LEVEL 2**

The goal of Tigerfish is to combine basic swimming skills to form defined strokes. Students will focus on developing the ability to properly swim the Front Crawl and Back Crawl for a minimum of 25 yards. Ages 6+

211102A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211102A2	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211102B1	Mon-Fri	Jun 29-Jul 10	9:15-10:10am
211102B2	Mon-Fri	Jun 29-Jul 10	10:15-11:10am
211102C1	Mon-Fri	Jul 13-Jul 24	9:15-10:10am
211102C2	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211102D1	Mon-Fri	Jul 27-Aug 7	9:15-10:10am
211102D2	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

## **DOLPHIN – LEVEL 3**

The goals of Dolphins are to fully develop the Breaststroke, Sidestroke, Elementary Backstroke, continue to increase the student's swimming endurance, and to begin learning to dive safely. Ages 6+

211103A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211103A2	Mon-Fri	Jun 15-Jun 26	10:15-11:10am
211103B1	Mon-Fri	Jun 29-Jul 10	9:15-10:10am
211103C1	Mon-Fri	Jul 13-Jul 24	9:15-10:10am
211103D1	Mon-Fri	Jul 27-Aug 7	9:15-10:10am

## **SWORDFISH – LEVEL 4**

The goals of Swordfish are to develop confidence in the strokes learned thus far, including Front Crawl, Back Crawl, Breaststroke, Sidestroke, and the Elementary Backstroke. Students will further develop the Butterfly, learn to dive, and improve upon other aquatic skills. Ages 6+

211104A1	Mon-Fri	Jun 15-Jun 26	9:15-10:10am
211104B1	Mon-Fri	Jun 29-Jul 10	10:15-11:10am
211104C1	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211104D1	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

## **SHARKS – LEVEL 5**

The goals of Sharks are to improve and refine proper technique to a high level of competence in all strokes: Front Crawl, Back Crawl, Breaststroke, Side Stroke, Elementary Backstroke, and Butterfly. Students will also increase endurance through training. Ages 6+

211105C1	Mon-Fri	Jul 13-Jul 24	10:15-11:10am
211105D1	Mon-Fri	Jul 27-Aug 7	10:15-11:10am

## **PARENT AND CHILD SWIMMING**

Parent and child swimming lessons are open to children 6 months to 3 years old with a parent. These lessons will introduce children to swimming in a fun environment with their parents in the water with them. There will be singing, lots of games, and plenty of water toys. City Res \$40 / Non-Res \$50 / Ages 6 mth-3 yrs

231105A1	Fri	Jun 19-Jul 10	11:15am-noon
231105A1	Fri	Jul 17-Aug 7	11:15am-noon